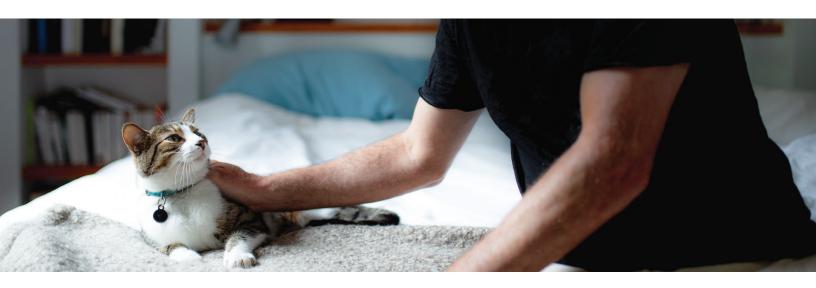
## **Poll Questions**

**April 2019** 

### **How Pets Contribute to Healthy Aging**

Questions were answered by respondents age 50-80.



#### Q1. Do you have any pets?

- 1. Yes
- 2. No

#### If Q1 = No

## Q2. What are your *main* reasons for not having any pets?

- 1. Allergies (your own or household member)
- 2. Cost
- 3. Don't want to be tied down
- 4. Just choose not to have a pet
- 5. No interest (your own or household member)
- 6. Not healthy enough to take care of a pet
- 7. Not enough time to care for pet
- 8. Pets not allowed where I live
- 9. Pet recently died
- 10. Too messy
- 11. Other

#### If Q1 = Yes

#### Q3. What was your main reason for getting a pet?

- 1. Companionship
- 2. Security/protection
- 3. To get exercise
- 4. Pet needed a home
- 5. To reduce stress
- 6. Other

#### If Q1 = Yes

#### Q4. What kind of pet(s) do you currently have?

- 1. Cat
- 2. Dog
- 3. Fish/Bird/Reptile
- 4. Small mammal (rabbit, guinea pig, hamster etc.)
- 5. Other

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# **Poll Questions**

If Q4 = Cat

Q5. How many cats do you have?

If Q4 = dogs

Q6. How many dogs do you have?

If Q1 = Yes

#### Q7. Who cares for your pet(s)?

- 1. Only you
- 2. You and others
- 3. Only others

#### Q8. Does having pet(s) help you...

	Yes	No
Be physically active		
Cope with physical or emotional symptoms		
Enjoy life		
Feel protected		
Feel loved		
Reduce stress		
Stick to a routine		
Take mind off of pain		
Other		

If Q4 = cats or dogs

#### Q9. Does your pet(s) sleep in your bed?

- 1. Always
- 2. Sometimes
- 3. Rarely
- 4. Never







## **Poll Questions**

If Q1 = Yes

#### Q10. How much do you agree with the following statements?

Having pet(s)	Strongly agree	Agree	Disagree	Strongly disagree
connects me with others				
gives me a sense of purpose				
makes it difficult to travel or enjoy activities away from home				
strains my budget				

If Q1 = Yes

### Q11. Has your pet(s) caused you to fall or injure yourself?

- 1. Yes
- 2. No

If Q1 = Yes

### Q12. My pet's needs take priority over my own health needs.

- 1. Strongly agree
- 2. Agree
- 3. Disagree
- 4. Strongly disagree

Findings from the National Poll on Healthy Aging do not represent the opinions of the University of Michigan. The University of Michigan reserves all rights over this material.

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